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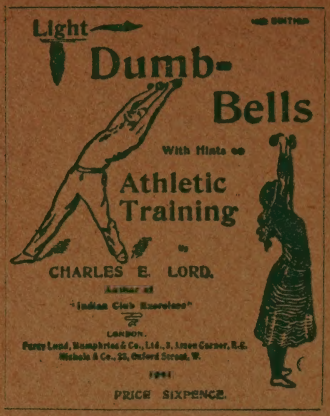

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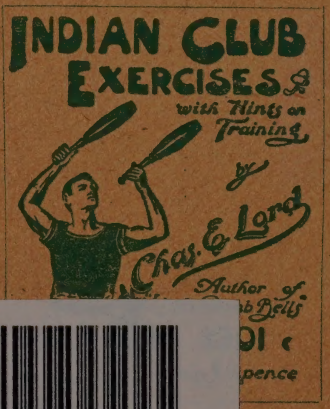

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A SYSTEM OF

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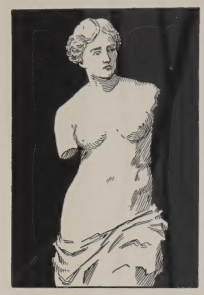

FOR WOMEN & CHILDREN

Producing a graceful and beautiful figure.

Never exercise for at least 1½ hours after a heavy meal.
The best time to exercise is in the early morning, and before going to bed.

Put your whole heart into the exercise if you desire good results.
All the principal muscles of the body are brought into use by these exercises.

BY
CHARLES E. LORD,
(Director, Woolwich Polytechnic Gymnasium),
Author of
"Light Dumb-Bells." "Indian Club Exercises." Etc.

ATTENTION.
The position from which all exercises commence.

EXERCISE ONE.
1. Rotate the arms as shown.
2. Repeat with arms above head.

Strengthens the wrist, forearm, shoulder and back.

EXERCISE TWO.
1. Extend the left arm, and turn the head in that direction.
2. Reverse the exercise to the right.

Inhale and exhale with alternate movements.
Develops the biceps, triceps, neck, chest and shoulders.

EXERCISE THREE.
1. Bend elbows and inhale deep breath.
2. Extend arms sideways and exhale.

Repeat stretching above the head, also in front.
Strengthens arms, chest, shoulders and back.

EXERCISE FOUR.
1. Swing left hand forward and upward above head.
2. Swing right above head and left one down. Look upwards.

Neck, shoulders and chest muscles.

EXERCISE FIVE.
1. Raise on tip-toes with arms extended.
2. Bend the hands up and down on the wrists as far as possible.

Wrist, forearm and calf muscles.

EXERCISE SIX.
1. Raise on tip-toes and bend the elbows, bringing hands close under shoulders.
2. Extend arms in line with shoulders.

Wrist, biceps, triceps, chest and calf muscles.

EXERCISE SEVEN.
1. Lunge as shown with arm extended.
2. Strike out as hard as possible with each hand alternately.

Repeat with right foot out and both hands striking together.

EXERCISE EIGHT.
1. Swing arms up to right and carry left foot off.
2. Swing arms down and up to left turning on the toes.

This exercise should also be done with feet firm together.

EXERCISE NINE.
1. Bend body to left and raise right hand above head.
2. Bend the body to the right reversing the position of the hands.

Excellent for hips, waist, back and neck.

EXERCISE TEN.
1. Swing the arms well back over the head and look up.
2. Keep the knees straight, bend forward to feet.

For reducing obesity and strengthening the abdominal and back muscles.

EXERCISE ELEVEN.
1. Step lightly forward with the weight thrown back as shown.
2. Lunge forward and lower arms smartly sideways.

Strengthens the back and prevents stooping.

EXERCISE TWELVE.
1. Swing right hand over left foot, knees straight.
2. Swing left over right foot, arms straight.

For the hips, back and abdominal muscles.

EXERCISE THIRTEEN.
1. Lunge to right as shown, head back.
2. Keep the position of legs the same and bend over to foot.

For back, abdomen and legs.

SPECIAL NOTES:-

All exercises should be repeated until the muscles ache in the parts affected.

Most of the exercises can be put to music, March or Polka time being most suitable from Exercise One to Eight, Waltz time Nine to Thirteen.

The last four are best done without music.

EXERCISE FOURTEEN.
1. Rotate the arms with right leg extended sideways, toes pointed.
2. Repeat with left leg extended sideways.

For cultivating a graceful carriage.

EXERCISE FIFTEEN.
1. Keep a hollow back and incline body forward, foot swinging back.
2. Swing body backward and bring the foot forward.

Repeat, balancing on right foot.

EXERCISE SIXTEEN.
1. Raise on tip-toes and stretch arms upward, head back.
2. Bend arms and knees (outward) holding balance on the toes, body erect.

A splendid balancing exercise.

EXERCISE SEVENTEEN.
1. Lie flat on the back as shown in dotted lines.
2. Keep knees straight and raise the body towards the feet.

A small weight across the toes will prevent the feet from lifting.

IMPORTANT.

The mind must be thoroughly concentrated on each exercise as it is being done.

Each exercise should be repeated until the muscles ache in the parts affected.

Not more than 2lb. bells should be used.
The usual weight being from 1lb. for adults, and from a ½lb. for children.

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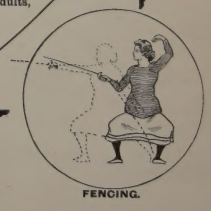

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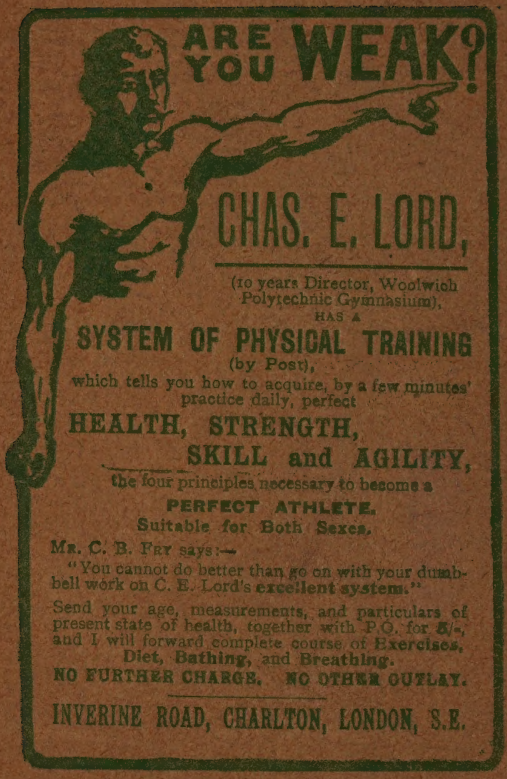

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